

Congratulations on your pregnancy and thank you for choosing Henley Birthcare.

Henley Birthcare consists of three experienced specialists: Rachel Fitz-Desorgher, Jules Woodall (midwives) and Karen Mitchell (doula). We all work as freelance practitioners and are individually insured for the services that we provide.

We offer a comprehensive, bespoke service with continuity of care and style: you may choose to have all your pregnancy, labour and postnatal care with us, or 'blend' our care with that of other service providers (private or NHS). We will work creatively and flexibly to match your lifestyle and preferences.

We offer services individually and as packages to best meet your needs and your budget. We hope that this gives you a good idea of what we offer, but please ask if there is anything else you feel you need that is not mentioned and we will help as best we can.

ANTENATAL SERVICES:

Individual midwife antenatal check	£75/hour
Videochat support	£20/½ hour
Hypno-Lamaze birth prep	£50/hour
Hypno-Lamaze birth prep (six-week course, totaling approx. 18 hours)	£600
Infant feeding workshop (approx. 3 hours)	£150
Pilates	£50/hour
Doula support at hospital appointments	£20/hour

ANTENATAL PACKAGES:

Complete midwife antenatal care (10 visits, totaling approx. 15 hours)	£1000
Hypno-Lamaze if taken with complete antenatal care (per 3-hour session)	£100
Infant feeding workshop if taken with complete antenatal care	£120
Pilates (five-session course)	£200

BIRTH DOULA PACKAGE:

Antenatal "getting to know you" visit	
On-call 24/7 from 37 weeks	
Full support throughout Labour and birth	
Full support until baby and mum have settled on postnatal ward	
Postnatal visit for debrief	
Total for this service	£1300

POSTNATAL SERVICES:

Individual midwife postnatal check	£75/hour
Videochat support	£20/½ hour
Feeding support	£50/hour
Pilates	£50/hour
Baby massage	£50/hour
Doula home support	£25/hour

POSTNATAL PACKAGES:

Complete midwife postnatal care (totaling approx. 20 hours)	£1000
Feeding support package if taken with complete postnatal care (6 hours)	£240
Pilates (five-session course)	£200
Baby massage (three-session course)	£135
Doula home support (20 hours, booked in advance)	£450

FULL BIRTH AND POSTNATAL DOULA CARE PACKAGE:

Full birth doula care and 20 hours of postnatal home support	£1600
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TRAVEL AND PARKING:

- Mileage for individual services is invoiced at the HMRC rate (currently 45p/mile)
- Mileage is not invoiced for packages
- Car parking is invoiced for all individual and packaged services

The Henley Birthcare team look forward to meeting you and your family.

Best wishes,
Rachel, Jules & Karen

Group classes are available for Pilates, baby massage, weaning, sleep and other parenting issues: details and prices on request.